



WEEKEND EDITION

95 CENTS + TAXES

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FRIDAY, DECEMBER 23, 2016

Tenants Association worries about downtown dislocation

Record Staff SHERBROOKE

Sherbrooke's much-vaunted Well Inc. downtown revitalisation project has gained considerable support among the City's business community but some community organizations still have concerns following a public consultation meeting last week.

The Sherbrooke tenants Association, through spokesperson Normand Couture, expressed some of these concerns to City Council Monday, on the occasion of the adoption of the municipal budget.

The organization had hoped that the property that once contained the Maysen Pub would be reserved for social housing given that a majority of those who live or work on Wellington South are disadvantaged. The organization is concerned that a project of this scale could dislodge a population from a neighbourhood in which they have lived for several years,

"We had a meeting to consult with community groups on this issue. We participated in the information and exchange meeting," Couture said. "All these groups continue to have great concerns about this development, as the majority of the people who live there have not been consulted. We were wondering

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Galt students get a sobering reminder about workplace safety



MATTHEW MCCULLY

"It would have taken 10 minutes to build a proper, safe ramp," Plante said, explaining that rather than take precautions, he took a shortcut.

By Matthew McCully

Over 100 students from Alexander Galt Regional High School spent yesterday morning in the school library listening to a presentation by guest speaker Jonathan Plante.

On March 12, 2007, Plante fell while working at a construction site, causing major damage to his spine, which ultimately robbed him of the use of his legs.

He shared his story with the students in detail, often repeating the message that they should always consider safety

procedures while on the job, because just one wrong move can be a dramatic life changer.

Plante started the presentation by describing his life before the accident.

He called himself 'a bit of a cowboy'. He enjoyed racing around on his motorcycle, hiking and fishing, and staying active.

After five years as a machinist, Plante said he was looking for something different. He got a job on a construction site, and immediately felt he had found his calling.

He explained that before his accident, he had gained years of experience on various job sites. He especially liked working on roofs and trusses, because he was comfortable with heights.

"People who are scared fall," Plante always thought to himself.

On the day of his accident, Plante said he was heading up a narrow ramp to work on the upper level of a home. He got to the top of the ramp and had an extension cord in one hand, and a

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Weather



TODAY:
CLOUDY

HIGH 0
LOW -3



SATURDAY:
SNOW

HIGH 0
LOW -2



SUNDAY:
SUNNY

HIGH -3
LOW -15



MONDAY:
PERIODS OF
SNOW

HIGH 2
LOW -1



TUESDAY:
PERIODS OF
SNOW OR
RAIN
HIGH 2
LOW -11

Christmas Greetings for 2016!



GOOD READS

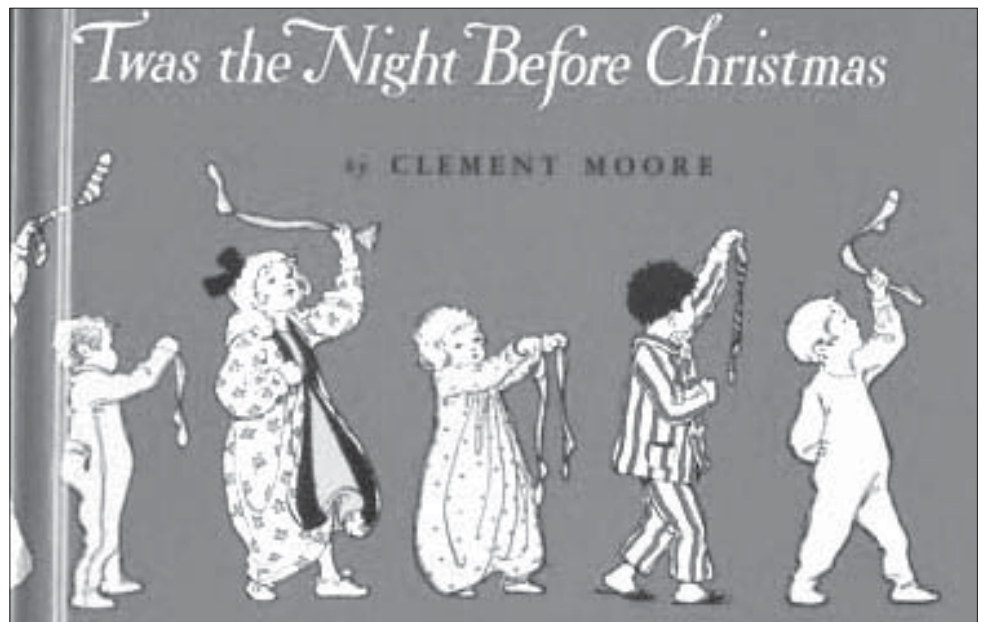
LENNOXVILLE LIBRARY

This week it falls to Shanna Bernier to bring some of that Christmas cheer into our fraught lives. And, by the way, there is some urgency to her recommendations since the Library closes today, December 23rd, at 5:30 p.m. and will reopen on January 3rd. Take it away, Shanna....

'Tis the night before the night before Christmas and all through the house, all the creatures are stirring, but no sign of a mouse! The children are not settled all snug in their bed, they are googling "last minute Christmas presents" instead. I in my apron, and Dad out in back, we are scurrying around trying to bake, wrap, and pack. The stockings are about finished being knitted, no fear, in hopes that St. Nicholas soon will be here. (But not too soon, I am not ready!!)

I think we have all felt the cold panic of last-minute Christmas preparations. This is being written four nights before Christmas, but by the time it reaches the faithful reader's hands the count will be down to two. We are a-hustle and a-bustle in these final days, wrapping and preparing and rushing around. I sat down to my computer to write, to check this column off my Christmas to-do list, and my daughter Beatrice came up to me and asked if I could read her a story....

Deep breaths everyone! Don't panic. The Christmas season comes but once a year and we spend a lot of time rushing and stressing and spending money; but it is so important for us to stop. I appreciate the panic, I am very good at getting excited and overwhelmed, which is why it is so important for requests like my daughter's to be honoured. Take pause to appreciate the beauty and magic of the season. Reading books at home is a big part of my family life. When I took all the Christmas decorations out a few weeks ago, I also took out a bag of all of our special Christmas-themed books.



Every year we add to our collection. Sometimes I find something on special during January sales and put it away to enjoy the following December. We have a nice collection now, including the classic "Twas the Night Before Christmas" by Clement Clarke Moore. (A lovely adaptation is available at Lennoxville Library [PB K591tnb JUV-E NOEL].) This poem, penned in 1823, has been repeated and adapted countless times, and continues to delight children. The descriptions held within have had a major role in our culture of Christmas gift giving, and our modern image of Santa Claus. Last year our family adopted a new Christmas Eve tradition—a special gift on the 24th comprising new PJs for the whole family as well as a new Christmas book. Our board book version of the classic poem was the choice for last year.

This December I found another book I had admired before and couldn't resist giving to my family right away. The author of the childhood classic *Goodnight Moon*, Margaret Wise-Brown, has written a beautiful book called *Christmas in a Barn* (Lennoxville Library: PB B879cib JUV-E NOEL). It features a lovely telling of the nativity story. It is set in the backdrop of an ancient snowy barn rather than a desert stable. It tells the story in whimsical and slightly mysterious verse, picking up on some scriptural words as well as lyrics of some classic Christmas carols. It is a lovely telling of the birth of Baby Jesus, which could inspire curiosity and delight in both secular and religious homes. It achieves balance of telling an ancient sacred story, while making it accessible to those who might not be regular Church goers.

When it comes to giving gifts to my kids, as well as my niece and nephews, I am acutely aware of their abundance of toys. Every year I feel like I need to buy them a toy or two, but I love thinking of creative ideas for gifts which are outside the (toy) box. Someone recently shared a great list of non-toy gifts online, which featured many great suggestions (URL: <http://lulastic.co.uk/parenting/sixty-great-gift-ideas-for-kids>). One idea, which is easy and light on the pocket book—a coupon for a date at the Library and hot chocolate at your favourite local coffee shop. Your child or grandchild is given a certificate for an outing, to be planned for a later date, which includes a trip to the library to read and share stories (It could even be coordinated to fall on a Saturday morning at 10:30 am when there is animation for kids at the Lennoxville Library). That special time with your children, grandkids, nieces, nephews, or neighbour is precious! They will feel special and loved and very grown up to be invited on a nice date with you. The love of reading is a Christmas gift that lasts a lifetime. I wish all our readers a wonderful holiday season, and a very happy new year!

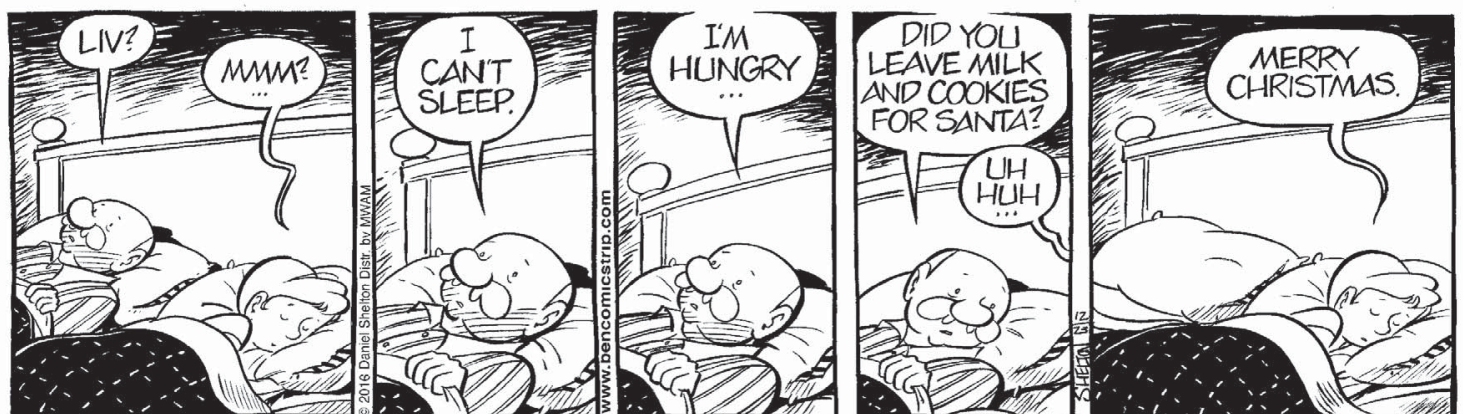
—Shanna Bernier

Special Christmas quiz question:

What do The Night before Christmas, Primary Colors, a certain Shakespearean elegy, and Jonbenét Ramsay correspondence have in common? Answers to be sent via private message to The Lennoxville Library Facebook page. The first correct answer will be given a prize of \$10.00 and mention in next week's column.

—Stephen Sheeran

Ben by Daniel Shelton



LOCAL NEWS

“At this time of year when emergency services in the region are in great demand, people should be reminded of good practices to prevent the spread of germs.”

CIUSSS de l’Estrie – CHUS offers holiday flu and gastro advice

Record Staff
SHERBROOKE

The holidays are a time to share good times and good meals with family and friends, but we should keep our germs to ourselves,” says CHUS Head of Emergency Services, Dr. Marie-Laure Collinge. “At this time of year when emergency services in the region are in great demand, people should be reminded of good practices to prevent the spread of germs and, if possible, manage their symptoms at home.” In order to help people make the best decisions for

their health during the holidays, CHUSSS de l’Estrie - CHUS invites the public to visit its Web site santeestrie.qc.ca/tempsdesfetes to find:

- The Simplified Guide I need for health services, which includes alternatives to going to the emergency room;
- Schedule of walk-in clinics in the area during the holidays;
- Advice on the best ways to treat a flu or gastroenteritis at home;
- Advice on the best ways to protect yourself from the cold;
- Winter activities to do as a family in our beautiful region.

The page also provides a chart showing occupancy in emergency rooms and the development of the influenza situation in the region.

If possible, it is strongly advised avoid the emergency room and consider other options available such as Info-Santé, Info-Social, consultation with your pharmacist, your family physician, a walk-in clinic or the youth clinic

Duration of contagion

Gastroenteritis is a contagious disease and an infected person can transmit the disease as long as he or she has symptoms and up to two weeks after they dis-

appear.

A person infected with the flu virus can be contagious 24 hours before symptoms appear and up to seven days after the onset and sometimes even a little longer.

For the majority of people, home is usually the best place to care for flu or gastroenteritis. However, it is important to monitor the progress of symptoms.

If the case is urgent, do not hesitate to go to the emergency room. Even if the occupancy rate is high, you will be seen by a doctor.

Workplace safety

CONT'D FROM PAGE 1

box of nails in the other. When he tossed the extension cord onto the nearby platform, he lost his grip on the box of nails. His reflexes took over, and he immediately reached to try and catch them, which caused him to lose his balance.

He fell from the upper floor, landing on his back on a piece of wood.

He immediately tried to sit up and realized his toes and legs felt asleep.

Plante said he was brought to hospital as quickly as possible.

“The doctor came in and said the good news is your life is not in danger. The bad news is you’ve fractured two vertebrae and you need to be transferred to Montreal.”

Plante said it was at that point he knew things were worse than he originally thought.

His girlfriend was at the hospital, and had a moment with Plante before he boarded the transfer.

“I can’t feel my legs, but don’t worry, everything will be fine,” he told her.

When Plante arrived in Montreal, he underwent a seven-hour operation.

While he was in surgery, his girlfriend was handed a piece of paper by staff with three lines that read ‘Jonathan Plante, 10th and 11th fracture, paraplegic.’

“That’s how my girlfriend found out,” he said.

When he was out of surgery, the surgeon came into Plate’s room, closed the door, and sat down in a chair beside the bed. He explained that because of the severity of his injuries, he would not walk again.

“It would have taken 10 minutes to build a proper, safe ramp,” Plante said, explaining that rather than take precautions, he took a shortcut.

“I haven’t saved any time,” he said, explaining that many things in his life now take longer and are more complicated since the accident.

“I didn’t come here to complain about my life,” Plante told the students.

The point of the speech was to have the students consider a three-second exercise and ask themselves two questions when facing a risk.

“Think of the activity you love the most,” he said, “and ask what life would be like if you could never do it again.”

“Think of the people around you,” he went on, asking how they would feel if they knew they were seeing them for the last time.

Plante spared no details in discussing the mechanics of life with no feeling below the belly button.

He also spoke to the students about the good things in his life, including his supportive girlfriend and their two children.

“Without my girlfriend, I wouldn’t be here,” he said.

While trying to remain positive, Plante said his injuries affected not only his life, but his whole family. Simple things like changing a light bulb are now impossible tasks.

He said that at three-and-a-half years old his son looked him in the eye and said “when I grow up, I’ll fix your legs.”

“At that age, he shouldn’t be worrying about his father,” Plante said.

“That’s all part of the contract I signed on March 12, 2007.”

At the end of his speech, Plante asked if there were any questions.

While none of the students asked a question, it was obvious from the silence and their expressions that Plante’s story resonated.

“I want you all to have a great career, doing something you love, and I want you to arrive at retirement healthy,” Plante said, at the end of the presentation, insisting that it is always ok to stop and ask questions, and insist on safety precautions before undertaking a risky task.

NOTICE OF APPOINTMENT



The Record is pleased to announce the appointment of **Jesse Bryant** as **Regional Sales Manager** for its Townships publications. As director of sales, Mr. Bryant will oversee a dynamic team of sales professionals as they continue to link regional businesses with English-speaking Townshipers.

Prior to his promotion to manager, Mr. Bryant was sales representative for Brome County News, a position he will continue to fill, along with his other duties.

The Record is a 119-year-old daily publication serving the Townships’ 45,000 English-speaking population. The Record also publishes the weekly Brome County News, located in Knowlton, the monthly Townships Outlet along with numerous magazines, special sections and a web site to meet the needs of advertisers.

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Everyone welcome.



No charge - "our gift to you."

Magog youth pleads guilty to dealing speed

Record Staff
SHERBROOKE

A young Magog man pleaded guilty on Tuesday to possession of 200 speed pills for the purpose of trafficking.

On February 6, 2016, Goulet-Turbide was caught negotiating a drug deal with another individual in the parking lot of a Magog convenience store.

A Memphremagog Police Patrol officer, intrigued by the presence of two vehicles with engines running at the back of a parking lot, decided to investigate. The smell of cannabis raised suspicions and a search resulted in the discovery of drugs, drug-related equipment and \$417 in cash. Goulet-Turbide also dropped a bag containing narcotics and a subsequent strip search at Magog police headquarters found 200 speed

tablets hidden in his underwear.

Quebec Court Justice Conrad Chapdelaine denied a defense request for a stay of proceedings due to unreasonable search and the 19-year-old also acknowledged other charges following the rejection of his motion.

Goulet-Turbide will return to court on March 24 for his sentencing hearing.

Le Siboire to open Montreal location this spring

Record Staff
SHERBROOKE

Sherbrooke microbrewery and pub Le Siboire is setting up a branch in Montreal at the intersection of Saint-Laurent Blvd and Laurier St. in the Plateau Mont-Royal that should open towards

the end of April.

The company, which has two locations in Sherbrooke, will invest around \$1 million and create 40 jobs.

The new facility will have a floor space of about 5,500 sq. ft. The company's house beers will continue to be brewed in Sherbrooke.

Plein Soleil English students raise cash for La Grande Table



COURTESY

Students from grades 5 and 6 from Plein Soleil school in Sherbrooke raised \$1,600 for La Grande Table in an English class project. The goal of the project was to help others and the kids chose to help others by creating micro-companies and build products to sell at a Bazaar that was held in the school gym. Each company consisted of 3-4 students who worked together to create and sell handmade products.. In addition, the school held a dress down day where each student in the school donated \$2. In all, the students were able to raise \$1600\$ for La Grande Table, which strives to provide hot, healthy meals to the disadvantaged.

Tenants Association

CONT'D FROM PAGE 1

at this meeting, now that the project exists, what will be the participation of community groups in the realization of this project? We do not want to change the project, but we want to be a stakeholder. What place will community groups have in this project? So-

cial housing will be important in that street."

Mayor Bernard Sévigny replied that the City, has made a major effort in social housing over the last seven years, and will continue to do so in 2017, adding that the City is well aware of the importance of social housing in helping people out of poverty.

2016 Babies!



Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2016" edition of The Record to be published on January 13, 2017.

Mail a photograph of the baby with: baby's name, birthday, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

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Deadline: January 6, 2017.

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A Christmas Market day

By Claudia Villemaire
RICHMOND

The gray dawn would be vying with the street lights as Mom tried to wriggle me into a pure, heavy wool snowsuit with elastic cuffs. This was THE day, long awaited, often talked about in hushed tones, as grocery lists were made and re-made, whispering murmurs as parents discussed gift possibilities and final plans for a visit to the store where Santa would be holding court.

This is the day I would be taken by the hand, scuffled along in that bulky suit and overshoes. (Do you remember them? Where you kept your shoes on, wrapped wax paper around the hard rubber heel, carefully slid shoes into a boot, usually black with fur-trimmed edges that would be kept closed with laces, the boon of a five year old still struggling with tying shoelaces?).

Then mittens and a cap with ear flaps, a scarf wrapped twice around my head and neck, long-cuffed mittens with a crocheted string attached to each one, ensuring if they came off they would remain hanging at the end of the sleeve.

This was a complicated, uncomfortable exercise, but there were no complaints. Today, we would take a city bus to the market, Mom holding my hand tightly, her market basket over the other arm.

What was so special about this market day you ask? Well, fifty years ago or more, the Sherbrooke market place, a

large, open shed-like building, located close to the St Francis river, just off King Street, would be filled with delightful surprises. Outside, vendors of everything from live rabbits and chickens to cuddly pups and kittens, handmade mitts, socks and even sweaters would have their best on display. Sometimes, a group of orphans from a local orphanage would wander about singing Christmas carols, local monks, wearing only open sandals and what seemed rather inadequate winter clothing, would saunter up and down the rows of goods, hoping for donations.

Some vendors still came to the market by horse and wagon or sleigh and, yes, there was a shelter for them too, kind of half hidden behind the outside vendors.

However, the real excitement was inside. Rows of vendors with their very best quality of locally produced meats either on a butcher block counter or hanging on hooks. Poultry, ducks and geese would be hanging in rows, their claws or web feet and head still attached. There would be whole rabbit carcasses, often a complete quarter of beef or half a pig, whole sides of veal or lamb and sometimes, even mutton.

Mom had her favourite butchers and with me in tow, she would almost drag me and my heavy suit, around that market like a 'house a fire'. "Let's see." she'd say to me as though I would know the difference, "Your father likes his roast veal at Christmas, tourtieres, ragout de

pates and I'll want a chicken. Dear me, how can we carry all that," she'd ponder aloud, looking down at me as though I had the answer.

And we weren't done yet. There was the fish market to visit where fresh Herrings, another of Dad's favourites, and a bewildering array of whole fish, was displayed. For the Christmas season, there would be live lobster in a tank, shellfish of every shape, crab, scallops, shrimp and some I never did identify. This was a warmer section of that huge building and other shops would offer fancy, decorated sweets, pies, cakes and cookies - a local production of holiday related goodies seen only at this time of year.

"You know, perhaps we'll have to take a taxi home," Mom would admit, shifting parcels and packages around in her now too small market basket. However, her glance down at my slowing feet, snowy snowsuit and red nose was quite obviously one of concern. "That's a good idea," she would say, answering her own question. "We've a lot of cooking to do, company coming and of course, preparations for Santa," she'd admit, watching my reaction as visions of that jolly visitor arriving in the night with, hopefully, what I had asked for danced across my imagination. "Perhaps we should buy a cookie or two and rest a minutes," she would say, and what followed was the best time of all. Climbing onto a chair with a boost from Mom, a frosted cookie appearing right in front of me, perhaps a drink of chocolate milk, mom, in her

winter coat with the fur around the collar - a perfect day in my mind. But the 'stop' was brief. "We've clothes to get ready for church, get the lights working on the tree, and she would begin to kind of talk to herself, as though there were many secrets yet to unfold. "Come along," she'd urge, taking my hand. "Taxi's waiting."

Those market days are long gone. The ornate fountain where horses could drink disappeared one day and, until recently, the farmers' market no longer held sway at Christmas time. But times are a changing, markets have sprung up in towns and villages across the townships and special Christmas markets seem to be becoming a popular choice for vendors and the public. Perhaps that's a good thing. Markets bring consumers and producers together, reconnecting folks to the mystery of life, perhaps a calming touch to the stress of our modern Christmas. Folks greet friends and strangers with Joyeux Noel or Merry Christmas, handshakes and hugs are the norm and a little bit of peace and goodwill settles into the hurrying hearts and minds of shoppers.

Speaking of wishes and hugs means it is time for me to say thank you to the folks at the Record who put the finishing touches on those Fair supplements. My wishes for a Merry Christmas filled with music and surrounded by family and friends goes to one and all, across the Townships and beyond.

I'm gonna be a Fireman someday.

Muscular Dystrophy Association of Canada

1 800 567-ACDM
Until there's a cure, there's us.

THE RECORD 2017

HOLIDAY HOURS

Friday, December 23: 8:30 a.m. to noon
 Monday, December 26: CLOSED
 Tuesday, December 27: 8:30 a.m. to 4:30 p.m.
 Wednesday, December 28: 8:30 a.m. to 4:30 p.m.
 Thursday, December 29: 8:30 a.m. to 4:30 p.m.
 Friday, December 30: 8:30 a.m. to noon
 Monday, January 2: CLOSED

Tuesday, January 3: back to normal business hours

Peace on Earth

MERRY CHRISTMAS
&
HAPPY NEW YEAR

May this Christmas be bright and cheerful and may the New Year begin on a prosperous note!

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EDITORIAL

Anyone who reflects on the year's events and only comes up with positives isn't doing the job properly.

Let's be honest

By Gordon Lambie

There's a term that's common in teacher training called "reflective practice." Teachers in training are taught to reflect on every lesson to improve it for next time and the students in their classrooms are, in turn, encouraged to reflect on their work in evaluations to consider how they might have done things differently. It's something people in general seem to do a lot this time of year; thinking back on days gone by.

It's also something that a lot of politicians pretend that they do at the end of December.

It's pretending because, most of the time, the reports that the members of Parliament and members of the national assembly give themselves are glowing with praise and an overall sense of accomplishment. To be fair, not every MP or MNA is without negative reports to give. Anyone in an opposition role seems to have plenty of challenges to point out, but somehow those challenges always seem to lie in the decisions the government has made, and never in the members of the opposition or their party's choices.

Such a report, handed in to a teacher, would be handed right back.

Anyone who reflects on the year's events and only comes up with positives isn't doing the job properly. That's just not how life works. Maybe, out there somewhere in the world, there is some particularly lucky person for whom the entire year and everything he or she did went off perfectly, but the chances of that being the case for every single elected official in the world, year after year, are just not worth considering.

This not to say that talking about the good things is wrong. It is just as important to reflect on projects that went well as it is to consider failures because it helps to identify good techniques and best practices. A report that only focuses on negatives is probably more hurtful, but just as incomplete as giving yourself a gold star and going on your way.

Reflection is time consuming and difficult when it is done well, but it is also really important. It is valuable to take the time to look back and revisit the things that have been done. Reflection

makes room for improvement and progress because it helps make clear not just what went wrong, but also why things didn't work out the way they should have.

If Politicians get characterized as being dishonest, their year-end reports show exactly why. A lie of omission is still a lie.

So where does this hyper-focus on the positive come from?

It comes from the voters, of course. We've asked for it. Our whole political system is built on public opinion and that means that the people who get to stay in power are the ones who convince people they can deliver results.

In some ways, you can't really blame politicians for wanting to talk up their accomplishments. It seems like, more often than not, people in leadership positions get torn down on the rare occasion that they do have to admit to something going wrong. How might the world be different if politicians could feel free to say some things went well, and some things didn't?

Our leaders should absolutely be held to a high standard and people in positions of power should be subject to oversight to make sure that their power isn't abused, but at the same time and as long as we are going to ask people to take charge of great responsibilities on our behalf, we need to be ready to accept that sometimes ideas and projects do not succeed. It is frustrating to ask someone to make a decision for you and then have them make mistakes or do things differently than you would, but that's part of the deal, isn't it?

Admissions of fault have only become scandalous because the unwritten rules of our society say "do a good job or get out". Some decisions are make-or-break, and that is more the case when someone is handling public money or making decisions about public security, but not every decision made is going to be a good one. Everyone wants perfect leadership, but a perfect leader doesn't exist, so let's stop pretending that's the case and instead turn our attention to good, honest reflection.

There needs to be room in the world for people to make mistakes, and to talk about them, because those mistakes and the talking about them are both key



parts of how we learn to do things better. It's not the mistakes of politicians, but the way they respond to and learn from those mistakes that should guide our decision making.

Letters

DEAR EDITOR,

Although this letter does not deal with a school board in the Sherbrooke area, it does point out the serious flaws in democratically elected school boards.

The last regular Lester B. Pearson School Board Council Meeting in 2016 was well-attended by the press and the public.

At the first Question Period members of the public basically said the recent ethical scandals involving Chairperson Suanne Stein Day, and the lack of transparency were damaging the board's reputation. Concern was expressed that student enrolment could be affected.

The aforementioned was reported in time for the 11:00 p.m. newscasts on Dec. 19. (CBC, CTV, Global Montreal and a write-up in The Gazette)

However, what was understandably not reported (due to deadlines) was what transpired at the second Question Period.

Stein Day, who is also vice-president of the Quebec English School Boards Association, preferred to cite some obscure rule rather than answer questions from a journalist and me.

The reporter's question dealt with the number of people fired or demoted due to the questionable International school business involving contract(s) signed by Stein Day as chair of the board and supported by all other commissioners.

My question was about the accusation by Stein Day that I made "rampant personal attacks" on commissioners. (There were none).

The Chair's conduct is undemocratic and does not belong in our education system, which should be setting an example for our youth.

Looking forward to the results of the Anti-Corruption Unit (UPAC) investigation, and the audit by the Ministry of Education in 2017.

That said, the value of the press cannot be underestimated to help clean up school board corruption.

CHRIS EUSTACE
MONTREAL, QC

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QUEBEC:	1 YEAR	GST	PST	TOTAL	
	135.60	6.78	13.53	\$155.91	
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	GST	PST	TOTAL	
	71.50	3.58	7.13	\$82.21	
	1 MONTH	6.49	0.32	0.65	\$7.46

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COLUMNIST

On this, our last article for the year, may God bless each and everyone, give you strength to pass over the troubled waters and bring you to a safe and blessed place. May peace be with you.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Blessing

By Revs Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle, and
Carole Martignacco

1) Often, when something good happens to us, we say, "That was such a blessing." Or, when a person does something wonderful for us, we might say, "You are such a blessing!" It is good to pause and give gratitude at these moments.

How many of us can be grateful for those other kinds of blessings? I mean the ones that go by the name "blessings in disguise", or "really terrible things that happen". Usually, it is only with the long view, in the rear view mirror many years later, that we can see these events as blessings: the loss of a job that leads to new opportunities; the divorce that helps you to know who you really are; even abuse or rejection that have opened your heart in compassion to others.

A few years ago I was going through something difficult. People with power over me were using this to abuse and threaten. A friend who could have helped chose betrayal instead. I remember a lot of suffering. I also remember moments of trusting God, and saying, "I don't know what it is that you are trying to show me, but it must be something. I will hang in here and wait." I trusted and waited for the blessing, remaining engaged with God in openness. That kind of trust was not always there. But trusting, even a little, is what got me through. In hindsight, I can see a thousand lessons, and at least a thousand opportunities for love.

"Give thanks at all times" our scriptures tell us. I am learning how to do just that.

2) In the lexicon of the spirit, blessing is both noun and verb. We are encouraged to count our blessings, at least those we are aware of. By so doing, we learn not to take advantage of all the good that comes our way. And those are just the ones of which we are aware.

There is a whole category of intangible blessing that streams through our lives like background music to which we may often be oblivious. The natural elements we live and move among, the amazing beings - human and otherwise - that people our lives. All that nurtures us, the sun and rain and the miraculous minerals. All the invisible hands that create what sustains our existence. The beauty and goodness upon which our lives depend. The Sufi poet Rumi says, "For sixty years I have been forgetful every minute, but not for a second has this flowing toward me ceased or slowed."

To live a life of blessing calls us to participate, to give of what we receive. O sometimes conduct trainings for lay peo-

ple who are commissioned by their congregations to perform rites of passage - weddings, memorials or funerals, child dedications and the like. One very important qualification for doing such work is the ability to bless. . So I ask them: by what authority will you perform these sacred ceremonies? Occasionally someone defers, saying they do not feel qualified. And that is the work they must do in order to answer their calling.

Blessing is the work we are all called to - in this world that showers us with blessings too numerous to count, and yet paradoxically, desperately needs our hands raised in blessing at every turn. So may we be blessed, and may we continually pass it on.

3) There's a part of Sarah and Abraham's story in the Hebrew Scriptures where they are told that God will lead them to the promised land. The lesser known part of the story is the other promise, that they will become a blessing to others and so to the world. I like the concept that people can become blessings to others.

There is also an idea in some traditions that God blesses some people and not others. There those who light candles or perform certain actions to be blessed. There are some clergy who choose certain days to dress up in their robes and go to the park to bless the animals. I must admit that this always seems odd to me. The concept that certain special well robed people chosen by God can perform blessings while others are not makes a blessing seem like a lottery. I recently heard a TV preacher off certain special oil, for only a large donation, that would bring them a blessing, perhaps even financial.

I prefer to think that people can become blessings, all people without exception. For me this is wrapped up in small things, a thoughtful card in a time of need, the wonderful lady who rose early to make bread rolls for my family they day after my Mom died, the thoughtful stranger who pulls over to help a stranded motorist. Recently a teenage girl in my church was about to turn 16. I found out from her sister that she loved banana bread with chocolate chips, so on her birthday I made some and gave it to her. The smile on her face at the surprise gift was more than worth the time it took to bake. God works through us to make the world a more compassionate place. During this holiday season may each of you become blessings to each other.

4) In a book called My Grandfather's Blessings, author Naomi Remen describes the attitude her grandfather Rabbi Remen taught her regarding all the events of our lives. Every success, every failure, every activity we are in-

involved in, he told her, contains a blessing for each of us. Sometimes the blessing is apparent. Sometimes it is hidden within tragedy.

In a recent video clip by inspirational speaker Prince Ea, I listened to him tell why the election of Donald Trump was a blessing, despite the fact he had not voted for him. When things don't go the way we hope or expect, we are given the opportunity to strengthen our convictions and clarify our thoughts. We are challenged to develop skills of persuasion. or learn new skills like speaking in public, or start over again after failure. We learn how to forgive when we get hurt. When everything goes our way and our path is obstacle-free we can easily slip into complacency. We take our good fortune for granted. We get lazy.

So the next time you miss the bus or your car breaks down or your heart gets broken, consider the possibility that a blessing lies hidden within your situation. When everyone seems to be celebrating Christmas but you don't have the heart for it, don't give up hope. You

will grow stronger if you hold on to hope. Not only can unwanted life events become blessings, but each of us can be blessings to others. Indeed, according to Rabbi Remen, a major part of our life work is to be just that.

On this, our last article for the year, may God bless each and everyone, give you strength to pass over the troubled waters and bring you to a safe and blessed place. May peace be with you.

One word, four voices - now add your own: How do you count your blessings?

Rev. Mead Baldwin pastors the Hatley, Waterville & North Hatley United Churches; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco pastors UUEstrie - the Unitarian Universalists in North Hatley.

STEVE & ELKAS
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comes hope & love.
Happy holidays!*



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Local Sports

It's too easy with all the holidays and snow and ice to let your training slip a little.

Expert motivational tips to keep you running during festive season



A RUNNER'S MIND

CHRISTINE BLANCHETTE

With the holiday season just around the corner it may be difficult to find the time to work out. Last minute shopping and office parties may play into your routine, while many tempting, delicious treats are coming your way from seemingly everywhere. Instead, some of you will hold up the white flag and forego your running to the next day, which is okay until it becomes several days of not exercising, at which point panic sets in. Before you know it, six weeks of hard work can be completely erased in three weeks or less. Your fat cells will rejoice with every al-

coholic drink, shortbread cookie and glass of eggnog you can muster, and before you can say "Maybe just one more!" to another tasty treat, you'll be back at the drawing board where you started. Or...you can become a Focused Individual Today, Tomorrow - Eating Right (F.I.T.T.E.R.).

To help you maintain your hard-earned hard body during the holiday season, here are some motivational tips from three wise men that happen to be running experts:

Dr. Jack Taunton, Professor Emeritus Faculty of Medicine - Father of Running in British Columbia:

"It's too easy with all the holidays and snow and ice to let your training slip a little. (Take) time to explore cross training with the gym on bike or treadmill or the pool with pool running and if close by use an underwater treadmill. This will maintain your cardio and add intervals and hard tempo for three sets of 20 and your anaerobic fitness will be maintained. If time is limited with holiday demands, do 30 min of hill runs - 6 sets, hard up and zig zag down so as to not injure your patella femoral joint. Also use

the time for strength work on your calves with heel drops; hamstrings and quads with drop squats; and core and hip abduction side leg lifts can all be done at home - three sets of 20 reps."

John Stanton, author and CEO/Founder of Running Room Inc.

"Over the Christmas season don't get your tinsel in a tangle, make time for your run! Eat, drink and train like an athlete and savor your fitness into the New Year!"

Doug Milne, Jr. Senior Manager, Communications PGA Tour

"Around the holidays, I typically see one of two reactions from those trying to stay loyal to fitness and exercise - forbid or forget. People either forbid themselves from straying in the slightest, living off garnish, or they choose to forget their fitness program altogether and eat everything that doesn't try to eat them first. I've employed both approaches. There is, however, a third and much more realistic idea. Work out most of what you put in. Allow yourself to indulge around the holidays. After all,

"I stay motivated by breaking up the big goals into smaller goals. That makes it much easier to see progress and if you are progressing towards those smaller goals, you know you are on the right path to achieve those big goals. This also helps break down the sense of, 'I'll never be able to do that' when something feels too far away. For me, especially when I only race 1 or 2 50k's a year, this really helps get me through the year."

Evan Dunfee Canadian Racewalker and Olympian

we're only human. But, work a good bit of it off in the form of exercise. Don't try to burn off every extra calorie ingested. That's not realistic or, in my case, possible. Just don't get carried away either way. Life is a marathon, not a race. There are plenty of opportunities to make up lost ground. Enjoying what you do is the key to keeping it going."

Wishing you, dear reader, a safe and happy Holiday Season!

www.runwithit.ca
Twitter: @christineruns
YouTube - runwithitcb



Thank You

Massawippi Retirement Communities & the Dr. W. J. Klinck Foundation would like to express our deep appreciation for the many supporters of our project for renewal of Connaught Home & Grace Village. Thanks to your donations and volunteer efforts we have raised just over \$9.1 million, and construction of our new Grace Village Pavilion is well underway.

During the holiday season more than ever, our thoughts turn gratefully to those who have made our progress possible. It is in this spirit we say... Thank you, Merry Christmas, Happy Hanukkah, and the best of the holidays!



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COURTESY

John Stanton, author and CEO/Founder of Running Room Inc.

"Watch me, Grandma!"



Macular degeneration is the leading cause of blindness in Canada. It can destroy your central vision in a few short months and the ability to see the faces of those you love. If you experience any change in vision, consult your eye-care professional.



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Gaiters get their guy in Chérif Nicolas

Former Cégep de Montreal head coach named the 10th Gaiters head football coach in modern era

By Dylan Konecny

The Gaiters newest era was started on Thursday morning as sports information and sponsorship coordinator Marty Rourke and associate athletic director Joey Sabo introduced the Gaiters' new bench boss to the media and public.

"We were fortunate to have several outstanding candidates from across Canada and Chérif was the unanimous choice of the Committee," said Bishop's Associate Athletic Director Joey Sabo. "He is an outstanding person, a great leader and a superb coach. He will be an excellent fit within the Gaiter Family."

Before Bishop's, Nicolas was coach of the Cégep de Vieux Montréal Spartiates for the last seven years and amassed a 56-26 record. In 2014 the Spartiates won the RSEQ Division 1 Bol D'Or championship.

It didn't take long for Chérif Nicolas to state why he was so excited to be pegged as the man to lead the Gaiters starting in 2017.

"I love the region and the tradition. When I coached at the Cégep de Montréal there was a rich blend of tradition and alumni involvement and I think we will find more of that same thing here and make the Gaiter nation proud" said Nicolas on why he was excited to lead the program.

The 40-year-old certified lawyer has no qualms about being a part of the new generations of coaches. "I was so excited to let everyone know on my social media last night after it was announced".

"I'm pretty active on social media. If it helps in recruiting then great, if it helps in promoting our program and our brand then great. I put myself out there, my name out there, I put our schools name out there and people know where to find me. It's an important thing in the world now and where the world is heading so its important for us to have a strong social media presence."

Nicolas at the presser was already using the school's branding fluently, referring to the Gaiter Nation in several instances.

As part of the interview process, the school informed potential candidates of the switch into the AUS. The move to playing out east is something that ex-

cites Nicolas and he in turn thinks it will attract student-athletes. "I think the switch into another conference is going to be a great opportunity for us to compete every week against other great football programs. In that extremely competitive environment it's going to allow us the chance to offer some thing different not only to Quebec kids but everyone across the country."

"It's a really good move, its an exciting move and it's innovative and I think all those things reflect Bishop's and its values."

As for what's in store for Nicolas in the immediate future. It's going to be a period of evaluation.

"Obviously, I've got a lot of film review to do in the next few weeks, I already started yesterday and I'm looking forward to getting into my office and comfortable with it again".

"I'm looking forward to evaluating and determining the culture of the team. I'm specifically talking about the guys on the team now. Because I have my idea of what a football team should look like and how a football team should play. From there it's bridging the gap between my expectations and what's here now."

The way Nicolas sees his Gaiters was described with a simple elegance, straight to the point.

"I like a fast, physical team that finishes. These are all things that are evident if you've watched my team's in the past. It's something that we're able to evaluate, grade, correct, change and its all part of the process that I'm going to instill in this team."

How Nicolas sees that occurring is by his standard "I'm process oriented not results oriented. I believe in the process and that the results will come because of it. We're going to work on our processes" he said.

For Nicolas, that process starts early and continues beyond the football field. "One of my biggest saying's is 'making the right choices'. If you want to be good in anything, you need to make good choices" he explained. "Its getting the young guys to make the right choices and buy in."

The players Nicolas is looking to recruit come from a diverse background but they will all have a trait that will be the foundation for his team. "I want



JOHN EDWARDS/ BISHOP'S ATHLETICS

Cherif Nicolas is set to be the 10th head coach in the Gaiters modern era.

hardworking players" he said firmly. "Any student athlete that works hard and strives for success has a place on my team."

As for the Gaiters staff Nicolas already has some familiarity with one of coach in current defensive coordinator Marc Loranger. "Marc has been a mentor to me. When I came out to team Quebec or the Bruno Heppel school we often coached together. I know he's intelligent, loyal and a hard worker and its going to be great working with him again. He actually gave me my NCCP Level III coaching certification"

As for the remainder of the staff Nicolas was just as excited about working with the group. "I'm really looking for-

ward to getting to know everyone and meeting them, so we can move forward."

In the end, the way Nicolas wants to make his mark with the players he coaches is much later down the road. After the final whistle is blown.

"I want our football players to graduate with a great football experience. Down the road, I want [former players] to look back and say I enjoyed playing for coach Chérif because he pushed me on the football field, he pushed me in my academics. He had a positive influence on my life and I am where I am today because of him."

Etiaac Senior Hockey Standings 2016-17

TEAM	GP	W	L	T	GF	GA	POINTS
STANSTEAD	4	4	0	0	22	12	8
GALT	5	4	1	0	18	7	8
BCS	4	1	3	0	14	23	2
MASSEY	5	0	5	0	14	30	0

*Games resume after the holidays, starting January 10

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United

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Christmas Eve
Candle Light Service*
at **Beulah United Church**
967 Main St., Ayer's Cliff
beginning at 6 p.m.
or at
St Paul's United in Magog
beginning at 8 p.m.

Minister:
Rev. Lee Ann Hogle
819-571-7233

Anglican

Anglican

Anglican

Christmas Eve Services

Church of the Advent
473 Bowen St. S., Sherbrooke
7 p.m. All are welcome to the Christmas Eve Service with the Ven. Dean E. Ross officiating.

St. George's Anglican Church
32 ch. Magoon Point, Georgeville
4 p.m. Everyone is welcome to the annual joyous Christmas Eve Ecumenical Celebration with Holy Eucharist with choir under the direction of Mrs. Sarah Hoblyn, organist and with Rev. Doreen Moffatt, Rev. Dr. Deane Moffat and the Ven. Dean E. Ross officiants.

**All Saints
Anglican Church**
3829 Principale, Dunham

Christmas Services

Christmas Eve, Sat., Dec. 24
9:30 p.m. Holy Communion
Christmas Day, Sun., Dec. 25
10:00 a.m. Holy Communion

The Rev. Sinpoh Han
450-295-2045

FOSTER

St. James Anglican Church, Foster. We invite you to join us for a Christmas Eve service of Holy Communion, Rev. George Campbell officiating, at 2 p.m. on December 24, at St. James, 725 Lakeside in Foster. There will be a pot-luck meal in the hall afterwards. Information 450-539-1123. Everyone is welcome.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St. Christmas schedule of Holy Eucharist: Dec. 24 at 10 p.m., Dec. 25 at 10 a.m., Jan. 1 at 11 a.m. 819-346-5564

MILBY

St. Barnabas Church, Milby. Please join us for our Christmas Eve service, December 24, at 7 p.m. with Carols and Lessons. Your support is greatly appreciated.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

RICHMOND

Please join the congregation of St. Anne's Anglican Church, 171 rue Principale South, for the Christmas Eve Service at 7 p.m., December 24, with Co-Adjutor Bishop Bruce Myers officiating. All are welcome.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Traditional Candlelight Service on Saturday, December 24 at 7 p.m. Guest minister: Tammy Spires. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

MELBOURNE

The congregation of St. Andrews Presbyterian Church Rte. 243 Melbourne, invites you to our Christmas Eve service on December 24, at 7:00 p.m. There will be no service on December 25 or January 1 but will resume on Sunday, January 8 at 10:30 a.m.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday services at Beulah United Church in Ayer's Cliff - Worship service and Sunday school 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday school 11:15 a.m. with lunch provided each Sunday following the service in Magog. Please join us for our Candlelight Christmas Eve Service at Beulah United Church on Saturday, December 24 at 6:00 p.m. or at St. Paul's in Magog at 8:00 p.m. Please note on Sunday, December 25 and Sunday, January 1 there is no worship service in Ayer's Cliff or Magog. Both churches will resume worship service for the New Year on Sunday, January 8, 2017. We wish you all a very Merry Christmas and a Happy New Year! Minister: Rev. Lee Ann Hogle 819-571-7233.

DANVILLE

Christmas Eve service at Danville Asbestos Trinity United Church, 43 Grove St., Danville, at 7 p.m. Worship leader Ellis Clark. Everyone welcome.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Saturday, December 24 at 7:30 p.m. The Christmas Eve service will have communion. 819-565-8449; website - lennoxville-unitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister, Leslie Young, organist. Christmas Eve, December 24, bilingual worship is at 7:30 p.m. New Year day, January 1, bilingual service is at 10:30 a.m, led by Allan Marshall. Welcome to all! Bienvenue à tout le monde!

WEST BOLTON

Christmas Eve Communion Service at Creek United Church, 278 Brill Road, West Bolton on Saturday, December 24 at 9 p.m. Service officiated by Reverend David Lambie. Choir under direction Laura & John Barr. All are welcome.

*Christmas Eve
Services*

**Waterville-North Hatley
United Church**
460 Principale Sud, Waterville

7 p.m. (with communion)

~

Hatley United Church
57 Main St., Hatley

9 p.m.

Rev. Mead Baldwin 819-837-1112

Anglican Deanery of Saint Francis - CHRISTMAS SERVICES 2016

December 23

7:00 p.m. Holy Trinity, Denison Mills (HE)	Bishop Bruce Myers
--------------------------------------------	--------------------

December 24th - CHRISTMAS EVE

2:00 p.m. St Paul's, Bury (HE)	The Ven Dr Edward Simonton
4:00 p.m. St Peter's, Cookshire (HE)	Bishop Bruce Myers
4:00 p.m. St Stephen's, Coaticook (HE)	The Rev Barbara Wintle
7:00 p.m. St Barnabas, Milby (RS)	Gabriel Kwenga, DLR
7:00 p.m. St Anne's, Richmond (HE)	Bishop Bruce Myers
7:00 p.m. St Augustine's, Danville (HE)	The Ven Richard Salt
7:00 p.m. St Mark's, Bishop's University (HE)	The Ven Heather Thomson
7:30 p.m. St George's, Ayer's Cliff (HE)	The Rev Barbara Wintle
7:30 p.m. St John's, Waterville (HE)	The Rev Ruth Charleau
8:00 p.m. St Barnabas, North Hatley (HE)	The Ven Dr Edward Simonton
9:00 p.m. St Luke's Magog (HE)	Canon Fred Richardson
10:00 p.m. St George's, Lennoxville (HE)	Bishop Bruce Myers & The Ven Dr Edward Simonton

December 25th - CHRISTMAS DAY

10:00 a.m. St George's, Lennoxville (HE)	Bishop Bruce Myers & The Ven Dr Edward Simonton
------------------------------------------	-------------------------------------------------

DEANERY SERVICE FOR CHRISTMAS!



Datebook

FRIDAY, DECEMBER 23, 2016

Today is the 358th day of 2016 and the third day of winter.

TODAY'S HISTORY: In 1783, George Washington resigned as commander in chief of the Continental Army.

In 1823, the poem "A Visit From St. Nicholas" (better known as "Twas the Night Before Christmas") was first published anonymously in the Troy (New York) Sentinel. The poem was later attributed to Clement C. Moore.

In 1954, the first successful kidney transplant was performed at Brigham Hospital in Boston.

In 1986, the lightweight composite aircraft Voyager completed the first non-stop flight around the globe without refueling.

TODAY'S BIRTHDAYS: Joseph Smith (1805-1844), religious leader; Madam C.J. Walker (1867-1919), entrepreneur; Norman Maclean (1902-1990), author; Akihito (1933-), emperor of Japan; Harry Shearer (1943-), actor/comedian; Wesley Clark (1944-), Army general; Susan Lucci (1946-), actress; Bill Kristol (1952-), political commentator; Jim Harbaugh

(1963-), football player/coach; Eddie Vedder (1964-), singer-songwriter; Hanley Ramirez (1983-), baseball player.

TODAY'S FACT: In 2006, an original handwritten copy of "A Visit From St. Nicholas" sold in a private sale for \$280,000.

TODAY'S SPORTS: In 1972, the Pittsburgh Steelers defeated the Oakland Raiders, 13-7, on a bizarre last-second touchdown that became known as the "Immaculate Reception."

TODAY'S QUOTE: "My father was very sure about certain matters pertaining to the universe. To him, all good things — trout as well as eternal salvation — come by grace and grace comes by art and art does not come easy." — Norman Maclean, "A River Runs Through It and Other Stories"

TODAY'S NUMBER: 16 — survivors of the "Miracle of the Andes" plane crash rescued on this day in 1972, after surviving for more than two months at the crash site in the mountains along the border between Argentina and Chile.

TODAY'S MOON: Between last quarter moon (Dec. 20) and new moon (Dec. 28).

In Memoriam

FRASER, Becky (Humphrey) – We fondly remember our dear sister-in-law who left us so suddenly on December 23, 2015.

**Sadly missed by
THE FRASERS**

In Memoriam

SCHINCK: Mom, Margaret, December 23, 1995; father, Gaston, October 25, 2004; sister, Sheila, September 25, 1976.

A CHRISTMAS TRIBUTE

*Christmas is here again,
A cherished time of celebration,
Reflection, joy and special memories,
A moment of magic,
An opportunity to give and forgive,
A glistening teardrop on fresh fallen snow,
A time to remember, recall treasured memories
Of departed loved ones,
A lighted candle to symbolize our love and gratitude
For good times spent together,
And to celebrate the Glorious Birth of Jesus long ago
And His Enduring Gifts to this world.*

**Lovingly remembered
DENIS, BEV & FAMILY**

Death

Clinton George BICE

Passed away peacefully at the Manoir St. Francis on December 18, 2016, he was in his 93rd year.

Beloved husband to the late Geraldine Luce. Also husband to the late Florence Lasenba Adsett. Dear son of the late George and Laura Bice. Brother to Marguerite, Gertrude and the late Mary, Lottie, Rosie, Florence, Elsie, Clara, Henry, Sidney and Clarence. Stepfather to Nelson, Gloria, Ralph and Betty. He leaves to mourn many friends, nieces and nephews.

A graveside service will be held at a later date at the Cherry River Cemetery. To honour Clinton's memory, in lieu of flowers, donations to the Army, Navy and Air Force Veteran's Club would be greatly appreciated.



In Memoriam

WARD, Beverley: November 27, 1945 – December 25, 2007.

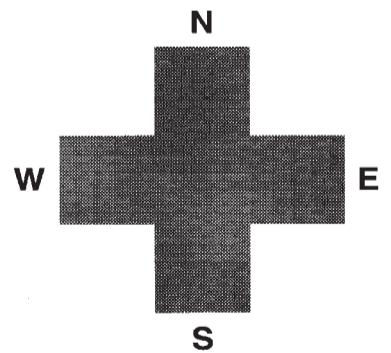
*I didn't know today would be your last,
That I had to say good-bye so fast,
I'm so numb I can't feel any more,
Praying you would just walk back through that door
And tell me that I was only dreaming;
You're not really gone as long as I believe,
Love lives on inside of me and I will hold on tight.*

**Merry Christmas Mom.
Love always,
YOUR CHILDREN**

Annual General Meeting

RICHMOND

St. Patrick's Society of Richmond annual general meeting, Monday, January 16, 2017 at 7:30 p.m. at the Hotel Grand Central, Richmond, QC. Welcome to all members and would-be members.



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Last-minute gifts from the supermarket

FROM CONSUMER REPORTS(R)

By the editors of Consumer Reports

You don't have to shop way in advance or at a fancy store to get a great holiday gift. You can, if you're a little creative, just head to your local supermarket. Even a small, local market is likely to have a few items that you can display in a basket or box and perhaps wrap in colorful paper.

Consumer Reports offers some ideas to spark your imagination.

Gourmet Eats

– Gourmet beverages. Grab three or four bags of gourmet coffee and place in a box along with filters, flavored creamers, a variety of teas, hot chocolate and maybe some fancy turbinado sugar. Check in the housewares aisle for a couple of mugs, maybe a nice teapot and some colourful tea towels. If you're purchasing loose tea, add a tea strainer.

– Pastas and sauces. Who doesn't like putting together an easy, cozy Italian meal on a weeknight? Gather a couple jars of gourmet pasta sauce, a few different types of pasta (gluten-free, if you must), a hunk of parmigiano-reggiano (parmesan) cheese, a jar of pesto and another of fancy olives, a fancy bottle of extra-virgin olive oil, whole peppercorns (best in a container with a built-in grinder) and maybe even a hard sausage. In the housewares aisle, pick up a hand grater for the cheese and a metal colander or hefty pasta pot. Arranging the items in the colander or pot makes for a charming display.

– Chocolate. Whether it's an ingot of fair trade, 72 percent cacao, sustainably farmed from a plantation run by indige-

nous farmers in Madagascar or your basic, reliable Hershey bar, chocolate of all kinds is a great present in a pinch. A large supermarket may offer deep selections of bar chocolate from Switzerland, Germany, Belgium and elsewhere. For fun, choose one brand for each of the 12 Nights of Christmas, wrap them in different types of paper, and present them in a single box to savor over time. Or, if the folks you're celebrating with are game, unwrap them all and do a blind taste test, Consumer Reports style.

Practical Buys

– Batteries. When it comes to choosing last-minute gifts, this idea certainly isn't glamorous. But extra batteries will be appreciated throughout the year. Add flashlights and candles to turn this into a gift home-emergency kit.

– Magazine subscription. Buy a magazine you know the recipient will read, and wrap with a note saying you've arranged for a gift subscription.

– Prepaid cards. They may seem uncreative, but prepaid gift cards are popular items that don't necessarily scream "last-minute."

Consumer Reports offers a couple of reminders: If you're buying last-minute gifts, you may be in a rush. But with any food gift, take the time to read food labels to ensure you're mindful of your recipients' food allergies and preferences. (To be on the safe side, avoid anything with nuts.) Be sure to pick up wrapping paper, ribbon, tape, cards and scissors, if you need them.

To learn more, visit ConsumerReports.org.



Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems



RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. DEADLINE: 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

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Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

The neighbour's leaves

FRIDAY, DECEMBER 23, 2016

Dear Annie

Dear Annie: My mother has been dealing with her jerk of a neighbor for too long, and I'm fed up. Every year, the leaves fall from his trees, and rather than mulch them like the rest of the homeowners in the neighborhood, he gets out his leaf blower and blows them into the road and beyond, to my mother's yard. Leaves cover the road lines. It's slippery and dangerous. My sister called Highway Patrol and reported this ignorant neighbor, but the person who answered simply replied, "Some people are just jerks." He's going to cause an accident, and I'm ready to give him a piece of my mind. — Annoyed Daughter

Dear Annoyed: I assume you've already tried talking to this man and he refuses to stop, leaving you with no other choice than to contact authorities.

Record videos of him blowing leaves onto public property and your mother's lawn so you have some proof. Depending on where you live, he could be fined up to \$450. Call your department of sanitation for more information.

Sure, "some people are just jerks" — but it's fair for this one to get some blowback.

Dear Annie: The letter from "Heartbroken Again," whose son has Asperger's syndrome, could be about my son, except he received a traumatic brain injury nine years ago, when he was 16. He was a star athlete and one of the most popular kids in school until his injury. He lost a lot of his people skills. He, too, has had women at the college he is attending report him as a stalker. What my son sees as harmless flirting comes across as creepy and inappropriate.

It culminated in his being charged with attempted kidnapping. He saw a girl crying while walking down the street and asked her what the matter was. She said her boyfriend had dumped her and she was homeless. He asked whether she needed a ride, and she declined. They talked for a few minutes, and then he gave her a

shoulder-to-shoulder hug and left. She called the boyfriend afterward, looking for some sympathy, and told him she had been accosted. He told her to call the police. She said my son had tried to pull her into his car. My son was arrested at gunpoint. The alleged "victim" posted on social media about how excited she was to be interviewed on TV.

Fortunately, a nearby pedestrian thought it was unusual for a guy to stop and talk to a crying girl, so he videoed the entire encounter. Once the state attorney's office saw the video, all charges were dropped. No crime had been committed. It was just a guy trying to console a crying girl. It took about a week for the video to surface, and in the meantime, the rush to judgment on social media was unbelievable. He was called a rapist and worse, and his picture was plastered all over the evening news. He was afraid to go outside, and when he did, he was punched in the face by a guy who had seen the TV report.

I agree with "Heartbroken Again" about how society treats people who are different. Thank goodness for the man who took the video. — William C.

Dear Annie: The other day, my teenage daughter came to me because her good friend is being bullied on social media. Her friend is a sweetheart, a pretty quiet kid but very polite. So needless to say, I was outraged when my daughter showed me the things that classmates were saying to this girl. I was appalled that other teens could be so cruel.

It's easy for me to say, "Just ignore them." But these comments are mean and nasty: "Why do you exist?" "You're fat and ugly," etc. I would be bothered if someone wrote those things to me, and I'm a full-grown adult. I can't imagine reading such hateful comments as an impressionable teen.

I don't understand why others feel it's OK to post

such mean things on social media when they wouldn't say it to them in person. I see it all over the internet, too — not just with kids. I have seen acquaintances of mine get into huge fights on Facebook. I don't get where this aggression comes from.

As a parent, what should I do? Do I tell the friend's mother? Should I worry about this happening to my own daughter and limit her social media use? — From a Concerned Mom

Dear Concerned: "Why are people so mean on the internet?" It's one of the great questions of our time. I think it's easy for people to forget about the real human on the receiving end of their nasty remarks. Anonymity brings out the worst in people, and this latest generation of kids is especially connected to technology and especially vulnerable to all its dark sides.

You should tell the friend's mother that her daughter is being harassed so she can intervene and ensure her daughter doesn't spend too much time online, exposed to that negativity. Her mother might also contact the parents of the kids doing the harassing.

On the issue of teens and cyberbullying in general: Parents, pay close attention to what your kids do online. If your child is harassing another child on the internet, you should know about it, and you should put an end to it — whether by revoking your kid's devices or closely monitoring usage.

Kids should have no expectation of privacy when it comes to what they do on their phones and computers. You should make that clear from the start rather than secretly snoop through unsuspecting kids' messages after the fact.

Unfortunately, cyberbullying can literally be a matter of life and death, so take it seriously. Visit StopBullying.gov for more information.

Send your questions for Annie Lane to dearannie@creators.com.

SUDOKU

DIFFICULTY RATING: ★★★★★

				2	3	6		9
1				5				
	4	3	8					5
7				6	8			9
				4				
	5		7	9				4
6					4	1	5	
				8				2
4		7	1	3				

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PREVIOUS SOLUTION

7	4	6	8	5	3	1	2	9
9	8	3	7	2	1	6	5	4
1	5	2	6	4	9	8	7	3
4	9	5	2	3	8	7	1	6
2	7	8	1	9	6	4	3	5
3	6	1	5	7	4	9	8	2
5	3	9	4	1	7	2	6	8
8	2	7	9	6	5	3	4	1
6	1	4	3	8	2	5	9	7

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

6	8	9	5	3	1	7	2	4
2	3	1	5	6	8	9	4	7
3	6	8	9	2	7	4	1	5
2	5	6	7	9	1	8	3	4
8	9	1	3	4	2	5	6	7
7	3	4	5	6	8	2	9	1
9	4	3	8	1	6	7	2	5
1	6	2	9	5	7	3	4	8
5	7	8	4	2	3	6	1	9

PREVIOUS SOLUTION

		9		5		4	8	
		1			7		9	
			7		3			5
7				5		6		
	3			9			2	
			4		8			1
					4		2	
		3		2			7	
		9	3		7		8	

DIFFICULTY RATING: ★★★★★

SUDOKU

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

4			1	7	6		8	3
		7		5		6		
5				2	9	7		4
3	6						8	
7		8	6	9	2	3		5
		5					6	1
6		3	7	8				2
		4		1		9		
2	7		9	6	5			8

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PREVIOUS SOLUTION

4	8	1	7	6	3	9	5	2
6	7	5	1	2	9	3	4	8
3	9	2	5	4	8	6	7	1
1	5	3	2	8	7	4	6	9
8	2	7	6	9	4	1	3	5
9	4	6	3	5	1	8	2	7
5	1	4	9	3	2	7	8	6
2	3	9	8	7	6	5	1	4
7	6	8	4	1	5	2	9	3

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ SBUW MZB HOTM, MZBE CTLMBE
MH ZTL IULMBSVTBDB, 'LHEP RHS
JHX.' CBHE SXLLBCC, SBEHYEBW
LHEPYSTMB S UEW IXLTD TUE.”
— LMBGB IUSMTE

Previous Solution: “Dear Leonard Cohen, thanks for the quiet nights, the reflection, the perspective, the wry smiles and the truth.” — Russell Crowe
TODAY'S CLUE: F equals R

CELEBRITY CIPHER by Luis Campos

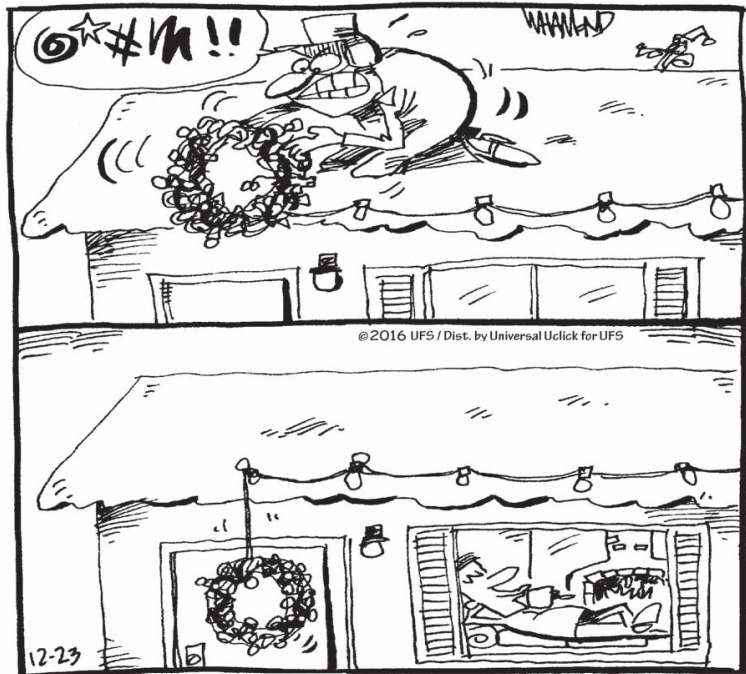
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ OU UOL GWB LHLM PLKUJL RUUM
VMUJ ESHSOE.” — WOOL VMWOA
“ ZUHL YGL ESHLM JUML YGWO YGL
ESVY.” — PMSEG WJ NUFOE

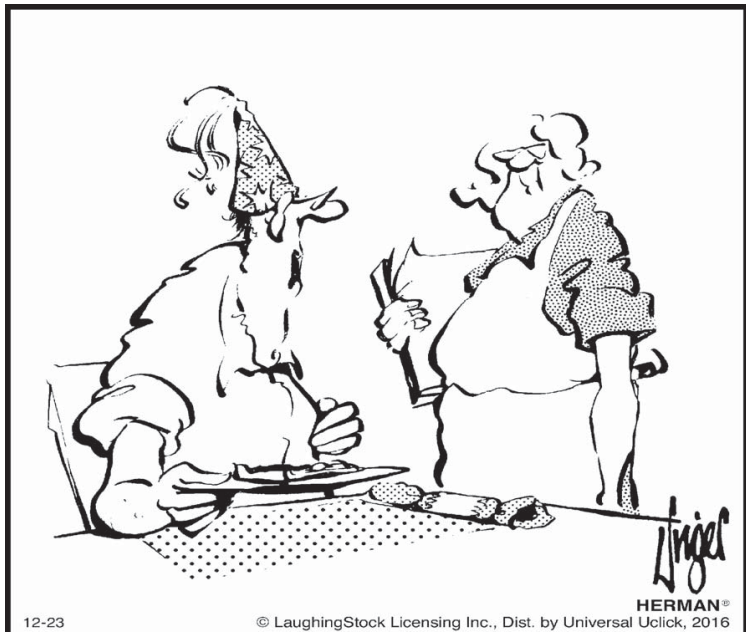
B equals S :EHTS AYADOT

Previous Solution: “Read the obit, then listen to his masterpiece, ‘Song for You,’ Leon Russell, Renowned Songwriter and Musician.” — Steve Martin

REALITY CHECK

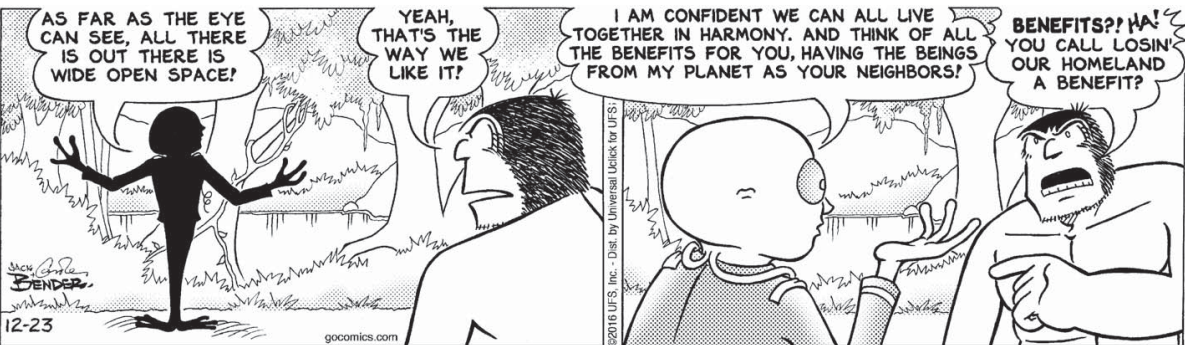


HERMAN



“This your idea of a good old-fashioned Christmas — turkey pizza?”

ALLEY OOP



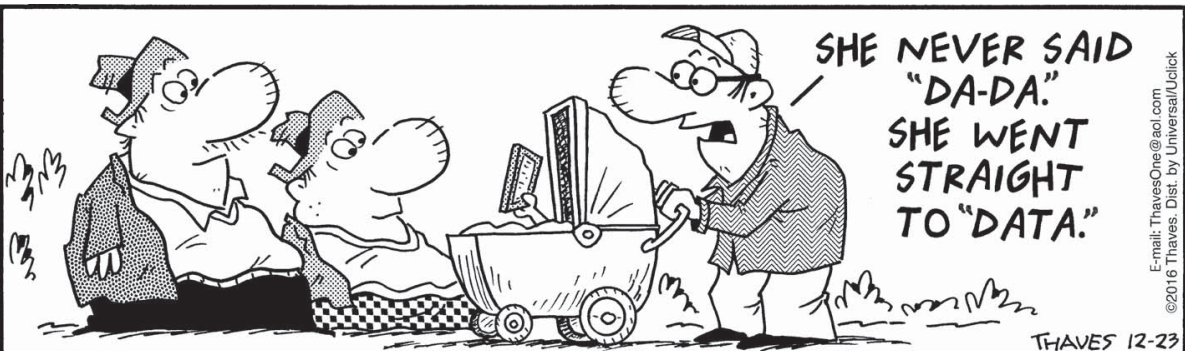
ARLO & JANIS



THE BORN LOSER



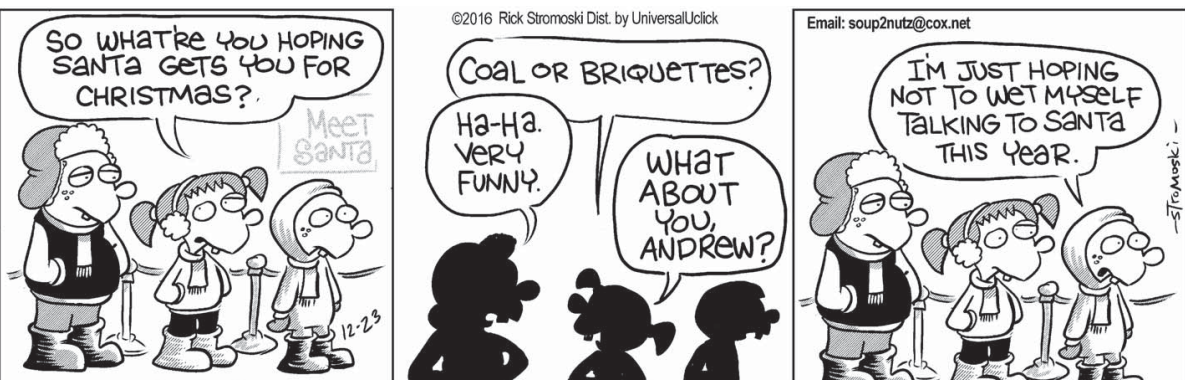
FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



Diabetes The New
EPIDEMIC



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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

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001 Property for Sale



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290 Articles For Sale

CLASSIFIED DEADLINE

The Record classified hours during the holiday season.

Friday, December 23: 8:30 to noon
Monday, December 26: closed
Friday, December 30: 8:30 to noon.
Monday, January 2: closed

The deadline for classifieds will be **11 A.M.** instead of 12:30 P.M. during this period.

Thank you.

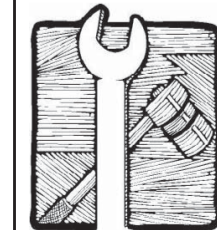


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294 Events

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Find a deal on a plumber or a plum of a deal in the Classifieds



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Looking for a job or qualified personnel? Consult our Classified ads!

Benefits of flossing in question after studies released

ASK THE DOCTORS
 By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: If there's no proof that flossing is beneficial, do I really need to do it?

Dear Reader: You're referring to an article published by The Associated Press last summer, which revealed that the studies cited by the American Dental Association (ADA) and the American Academy of Periodontology to recommend daily flossing are scientifically inadequate. To say the story caused a ruckus is an understatement.

According to the AP investigation, the advice to floss daily is based on studies that are "very unreliable" and whose quality is "very low." Many of the studies were funded by dental floss companies, which opened up "a moderate to large potential for bias."

It's important to note, though, that while the AP story found fault with the research, it didn't offer evidence that flossing doesn't work. So while you could use the revelations as an excuse to ditch the dental floss, dentists and dental hygienists say that manually cleaning the space between your teeth is still a good idea.

Their reasoning? Each tooth has five surfaces. Three of these — front, back and biting edge — can be cleaned with a toothbrush. However, the sides of your teeth, which sit adjacent to other teeth and can capture food particles and bacteria, require a different tool for removing both plaque and debris.

Dental plaque, a clear film, is actually a mass of hundreds of different acid-producing bacteria that naturally form in the mouth throughout the day. When left undisturbed, plaque can give rise to cavities and gum disease. The only way to get rid of plaque is manually. That means brushing and, for the inner surfaces of your teeth, flossing.

Matthew Messina, DDS, a spokesman for the ADA, concedes that the existing research on the benefits of flossing is less than rigorous. When flossing is done properly, however, Messina says it remains the most effective way to remove damaging plaque from those hard-to-reach inner surfaces of your teeth.

If flossing is painful, then you're probably doing it wrong. Rather than a sawing motion at the gum line, proper flossing is a gentle, vertical sweep along the inner edge of each tooth. Messina recommends that you ask your dentist or dental hygienist to demonstrate proper flossing technique.

For optimal dental health, the ADA recommends brushing with a fluorinated toothpaste at least every morning and evening, and visiting a dentist for professional cleaning twice a year. Considering how little time it takes and what's at stake, dental professionals agree that flossing should continue to be part of your daily personal hygiene.

(Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health.)

Your Birthday

FRIDAY, DECEMBER 23, 2016

Accept the inevitable and do your best to come up with innovative solutions that will help you move forward. Connecting the dots between the past and the present will help give you greater insight into the future. Don't give in to pressure or put up with indecisiveness.

CAPRICORN (Dec. 22-Jan. 19) — Getting involved in the festivities going on around you will lead to indulgences that could end up making you look bad. Be cognizant of the impression you make on others.

AQUARIUS (Jan. 20-Feb. 19) — Show how much you care for the ones you love by offering affection and hands-on help instead of fancy goods you cannot afford. Regulate your spending. Reflect on the past and make smart choices.

PISCES (Feb. 20-March 20) — Don't reveal a surprise prematurely. Take time to do something nice for your peers, boss or someone who can make a difference to your status, reputation or financial future.

ARIES (March 21-April 19) — Keep your reactions to a minimum. If you say or do something that someone doesn't like, you will be faced with a problem that can affect your reputation as well as your professional gains.

TAURUS (April 20-May 20) — Get together with someone you haven't seen in a long time. The memories you share will lift your spirits and encourage you to revive old dreams. Consider your profes-

sional options.

GEMINI (May 21-June 20) — A unique gesture will puzzle an employer or co-worker. Put time aside to primp and pamper yourself in preparation for upcoming festivities. Romance is highlighted.

CANCER (June 21-July 22) — It's time to try something totally new. Taking a trip or attending a cultural event that gives you insight into different traditions will be enlightening.

LEO (July 23-Aug. 22) — Look over personal papers and make sure your finances are in order. You'll discover an interesting way to improve your home without hurting your budget. Aim for greater security.

VIRGO (Aug. 23-Sept. 22) — Plan to have some fun. Decorating your home or getting together with friends or peers for a little festive cheer will bring you closer together. Talks will lead to advancement.

LIBRA (Sept. 23-Oct. 23) — Overreacting or doing something on the spur of the moment will lead to trouble. Spending, eating or drinking too much will create a difficult situation. Self-improvement is encouraged.

SCORPIO (Oct. 24-Nov. 22) — A gift or offering will take you by surprise. Check out an investment that someone suggests. Stick close to home and nurture the relationships that are most important to you.

SAGITTARIUS (Nov. 23-Dec. 21) — Last-minute paperwork and decisions can be made that will help set you up for a better future. Take advantage of an opportunity to network. Romance is encouraged.

FRIDAY, DECEMBER 23, 2016

South needed luck and visualization

By Phillip Alder

In yesterday's deal, South had to visualize an end-position in which he could make an apparently unavoidable loser evaporate when he forced an opponent to concede a ruff-and-sluff. That deal did not require any luck. Today, though, not only must declarer visualize a winning distribution of the opposing hands, but he must also get lucky because that distribution is a priori unlikely. However, as Seal, an English singer-songwriter, said, "The harder you work ... and visualize something, the luckier you get."

South is in four hearts. West leads the diamond 10. East takes two tricks in the suit, then shifts to the spade jack. How should declarer continue?

Strangely, three no-trump and four hearts are comparable contracts in that both can be made unless West leads a club at trick one.

Even after the diamond start, declarer seems to have four unavoidable losers: one heart (assuming the suit is splitting 3-2; if it is 4-1, the contract has no chance), two diamonds and one club. South cannot do anything about the red suits; how can he eliminate that club loser?

Declarer needs the defender with

		North		12-23-16	
		♠	K 7 2		
		♥	A 8 4 3		
		♦	5 4		
		♣	K 6 5 3		
West				East	
♠	9 8 6 5			♠	J 10 3
♥	J 10 2			♥	Q 7
♦	10 9 8 6			♦	A K 7 2
♣	J 4			♣	Q 10 9 8
		South			
		♠	A Q 4		
		♥	K 9 6 5		
		♦	Q J 3		
		♣	A 7 2		
Dealer: South					
Vulnerable: Neither					
South	West	North	East		
1NT	Pass	2♣	Pass		
2♥	Pass	4♥	All Pass		
Opening lead: ♦ 10					

three trumps to have at most two clubs. There might be a little guesswork involved, but not here. South takes the third trick, draws two rounds of trumps, then cashes the diamond queen (discarding a club from the board) and the black-suit winners. Finally, he casts adrift with a trump.

West wins and must return a spade or a diamond. Declarer ruffs in one hand and sluffs the remaining club from the other.

CROSSWORD

Across

- 1 Clever stroke
- 5 Stage genre
- 10 Secured, in a way
- 14 Too
- 15 Actor Firth
- 16 Initial contribution
- 17 Illicit buzzing in the hive?
- 19 Surplus
- 20 Painful spots
- 21 Speak or creak
- 23 Altar promise
- 24 Slipshod building addition?
- 28 Zodiac animal
- 31 Aran Islands country: Abbr.
- 32 Chopping tool
- 33 Always
- 35 Parker's rank in "McHale's Navy": Abbr.
- 37 Pincer insect
- 40 Beginning of a very thorough biogra-

Down

- 3 Strands at the lodge, maybe
- 44 Six-pack set
- 45 Jazz singer James
- 46 Nevada was the first st. to allow it
- 47 Clickbait site, as of Sep. 2016
- 49 Metaphorical hiding place
- 50 Aerosol product that will help you fit in in Houston?
- 56 Athlete lead-in
- 57 French honey
- 58 Coffee shop order
- 62 Immune lead-in
- 64 Too much shooting at the table?
- 67 Thought
- 68 Architect Frank
- 69 One of three in "To be or not to be"
- 70 Office staple
- 71 Donkeys
- 72 They sometimes intrude at weddings, and also in this puzzle's theme

bers

- 27 Mazatlán-to-Chihuahua dirección
- 28 Monthly pmts. reducer
- 29 "Voulez-vous coucher __ moi?"
- 30 Falling stars that reach the ground
- 34 Many a reggae artist
- 36 Eponymous Belgian town
- 37 English county on the North Sea
- 38 Tiny bit
- 39 Airborne pest
- 41 OPEC member since 1962
- 42 High wind?
- 48 Lake makers, at times

50 Unwavering

- 51 Goody two shoes
- 52 End of a series
- 53 Vetoes
- 54 They may deal with freezes
- 55 Fabled lost mittens punishment
- 59 Cajole
- 60 Residence
- 61 Priestly garments
- 63 Shade provider
- 65 Poetic word of order
- 66 Part of CBS: Abbr.

A	E	R	O		T	I	T	L	E		A	R	A	L
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A	N	Y	A		F	I	G	H	T		L	I	S	T

Down

- 1 Uber competitors
- 2 Margarine
- 3 Many a typist, nowa-days
- 4 Fake
- 5 Early 7th-century year
- 6 Go bad
- 7 Still in play
- 8 Like much ore
- 9 Hot
- 10 Identification method
- 11 Conforming to
- 12 Chopin work
- 13 Rehab process
- 18 Actor Morales
- 22 Religion founded in Persia
- 25 Gullible
- 26 Group including some Brat Pack mem-

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Your Birthday

SATURDAY, DECEMBER 24, 2016

Share your ideas and plans with the people you feel have the most to contribute to them. Much can be accomplished if you are willing to do things a little bit differently. Combining the old with the new will encourage productivity as well as prosperity. Choose moderation over extravagance.

CAPRICORN (Dec. 22-Jan. 19) — You need to take better care of your health. Too much of anything will lead to unwanted stress and difficulty enjoying holiday events. Slow down and enjoy the moment.

AQUARIUS (Jan. 20-Feb. 19) — Don't interfere in other people's affairs. Saying little will help you get through family gatherings. It's the actions you take to honor your beliefs that count; arguing with a staunch opponent will get you nowhere.

PISCES (Feb. 20-March 20) — Reconnect with someone from your past or visit someone you haven't seen in a while and share an engaging conversation that will help you jump-start your plans for the future.

ARIES (March 21-April 19) — A close relationship will need nurturing. Consider innovative ways to come to terms with what you have to work with. The adjustments you make are best kept a secret for now.

TAURUS (April 20-May 20) — It's a good day to take action and share a little of your time or skills with those less fortunate. Every little bit you do will make a difference as well as make you feel good.

GEMINI (May 21-June 20) — Don't let work-related worries get in the way of you enjoying the people you love most. You cannot change the inevitable, but you can live in the moment. Personal gains are apparent.

CANCER (June 21-July 22) — A heartfelt offering or suggestion will result in popularity and good fortune. Don't hold back when you have something to contribute. Share your ideas and make a difference.

LEO (July 23-Aug. 22) — An emotional misunderstanding will unfold if you haven't shared important information with a loved one. Children will try your patience. You can and should rely on an elder to help you out.

VIRGO (Aug. 23-Sept. 22) — Doing something special for a loved one will improve the way you move forward with your relationship. Planning a short trip or getting together with family is encouraged.

LIBRA (Sept. 23-Oct. 23) — Don't argue with someone who is set in his or her ways. An unexpected offering will leave you speechless, and a unique gesture on your part will help bring you closer to someone you love.

SCORPIO (Oct. 24-Nov. 22) — Emotions will be close to the surface. Speak from the heart and share your thoughts and concerns. Use your imagination when it comes to self-improvements and home upgrades.

SAGITTARIUS (Nov. 23-Dec. 21) — Open your home to friends and family. Hosting a holiday event will show your gratitude to those whom you love and appreciate. Love and romance should be a priority.

SUNDAY, DECEMBER 25, 2016

Discuss your plans, call in favors and get things done. You can make headway this year if you are dedicated to the projects that mean the most to you. Don't let anyone or anything sidetrack you. If you stay on course and on budget, you will have no regrets.

CAPRICORN (Dec. 22-Jan. 19) — If you do something nice for someone less fortunate, you will feel good about your contribution as well as boost your reputation. Offer your services instead of cash.

AQUARIUS (Jan. 20-Feb. 19) — Don't

overdo it. The festivities may be intense and emotions may run high if you indulge or take on someone who is looking for an argument. Take care of yourself first and foremost.

PISCES (Feb. 20-March 20) — You'll receive something you didn't expect. Be gracious and adjust to whatever develops. It's better to know the truth and act accordingly. What transpires will turn out to be to your benefit.

ARIES (March 21-April 19) — Don't feel the need to give what you cannot afford. Keep your emotions to yourself and don't offer to do something that is unrealistic. Make romance a priority.

TAURUS (April 20-May 20) — Don't let a little disappointment get you down. Take better care of your health by limiting how much you eat and drink. You'll better

enjoy spending time with family if you feel good physically.

GEMINI (May 21-June 20) — Make someone happy. It's not what you spend, it's how you treat people that counts. If you do something nice or offer your time or skills, your gesture will be appreciated.

CANCER (June 21-July 22) — Moderation will be necessary. Too much to eat or drink will put a damper on your day. Choose to enjoy the youngsters and steer clear of indulgent adults.

LEO (July 23-Aug. 22) — You'll be kicking yourself if you were prone to unwise spending during the past few weeks. Don't fret over what you cannot change when you should be setting up a plan to save money.

VIRGO (Aug. 23-Sept. 22) — Playful dialogue will bring out the best in everyone you talk to today. If you share your humor

and joy with young and old alike, you will encourage the same in return.

LIBRA (Sept. 23-Oct. 23) — Navigating family get-togethers and dealing with children will be tiring. Offer something that will keep everyone occupied and help the day pass peacefully. Choose to let your actions speak for you.

SCORPIO (Oct. 24-Nov. 22) — You'll feel emotional about the conversations that unfold today. Listen to people, but don't bother trying to convert others to your beliefs. Freedom is the greatest gift you can offer others.

SAGITTARIUS (Nov. 23-Dec. 21) — Confusion will set in if someone has been sending you mixed signals. Don't show disappointment when you should be considering the truth as well as your next move.

2 days until Christmas

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